

## HEALTH FOOD CONTAINING CERAMIDE

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**Applicant:** NOF CORP

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- **European:**

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### Abstract of JP11113530

**PROBLEM TO BE SOLVED:** To obtain a health food capable of being orally administered to exhibit beauty effects such as a skin-moisturizing effect, a skin-protecting effect, a skin roughness-preventing effect, and a skin wrinkle-preventing effect by including ceramide as an active ingredient. **SOLUTION:** The health food is obtained by adding 0.001-2 wt. %, preferably 0.01-1 wt. %, of ceramide to a food. The ceramide is extracted from bovine brain, wheat, rice, soybeans, spinach, yeast or the like. The ceramide is administered at a daily dose of 1-1000 mg, preferably 5-100 mg. The health food is produced in the form of tablets, capsules, powders or liquids, and may be added to confections, breads or drinks.

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